

PHYSICAL QUALIFICATIONS REQUIREMENT

Fit=Fit Scores: Fit scores range from 1-5 on each of the four events. The applicant must score an overall final score of 12 to pass the physical agility test.

PUSH UPS (One Minute)							
Age	Fit	Male	Female	Age	Fit	Male	Female
20-29	5	40/more	25/more	40-49	5	34/more	18/more
	4	34-39	20-24		4	28-33	14-17
	3	27-33	14-19		3	21-28	9-13
	2	21-26	9-13		2	15-20	5-8
	1	1-20	1-8		1	1-14	1-4
30-39	5	37/more	23/more	50+	5	30/more	14/more
	4	31-36	18-22		4	24-29	10-13
	3	24-30	12-17		3	17-23	6-9
	2	18-23	7-11		2	11-16	3-5
	1	1-17	1-6		1	1-11	1-2
SIT-UPS (One Minute)							
Age	Fit	Male/Female		Age	Fit	Male/Female	
20-29	5	52/more		40-49	5	47/more	
	4	44-51			4	39-46	
	3	35-43			3	28-38	
	2	24-34			2	17-27	
	1	1-23			1	1-16	
30-39	5	50/more		50+	5	44/more	
	4	42-49			4	36-43	
	3	32-41			3	24-35	
	2	21-31			2	13-23	
	1	1-20			1	1-12	
OBSTACLE COURSE							
Age	Fit	Male	Female	Age	Fit	Male	Female
20-29	5	1:13/less	1:25/less	40-49	5	1:32/less	1:42/less
	4	1:14-1:26	1:24-1:36		4	1:33-1:45	1:43-1:55
	3	1:27-1:33	1:37-1:43		3	1:46-1:52	1:56-2:02
	2	1:34-1:40	1:44-1:50		2	1:53-1:59	2:03-2:09
	1	1:41/more	1:51/more		1	2:00/more	2:10/more
30-39	5	1:22/less	1:32/less	50+	5	1:42/less	1:52/less
	4	1:23-1:135	1:33-1:45		4	1:43-1:55	1:53-2:05
	3	1:36-1:42	1:46-1:52		3	1:56-2:02	2:06-2:12
	2	1:43-1:49	1:53-1:59		2	2:03-2:09	2:13-2:19
	1	1:50/more	1:60/more		1	2:10/more	2:20/more
ONE MILE RUN							
Age	Fit	Male	Female	Age	Fit	Male	Female
20-29	5	6:59/less	8:59/less	40-49	5	8:59/less	10:59/less
	4	7:00-7:59	9:00-9:59		4	9:00-9:59	11:00-11:59
	3	8:00-8:59	10:00-10:59		3	10:00-10:59	12:00-12:59
	2	9:00-9:59	11:00-11:59		2	11:00-11:59	13:00-13:59
	1	10:00/more	12:00/more		1	12:00/more	14:00/more
30-39	5	7:59/less	9:59/less	50+	5	9:59/less	11:59/less
	4	8:00-8:59	10:00-10:59		4	10:00-10:59	12:00-12:59
	3	9:00-9:59	11:00-11:59		3	11:00-11:59	13:00-13:59
	2	10:00-10:59	12:00-12:59		2	12:00-12:59	14:00-14:59
	1	11:00/more	13:00/more		1	13:00/more	15:00/more